April 2012 Issue

President’s Message - Ajay Adhikari

CAMP – 2011 Computer Aptitude and Mentoring Program – Prema Bohra; Shivraj Bohra; Chhaya Kapilashrami; Mukes Kapilashrami; Ramesh Patwal; Runjhun Saklani; Kumud Sanwal

UANA Summer Camps with VOICE partnership - Kumud Sanwal

From the Founders: Generating Excitement with VOICE Partners

What do we do? A Focus on the Research Scientist - Surjeet Mastwal & Mukes Kapilashrami

“Where the mind is without fear and the head is held high” A tribute interpretation of Rabindranath Tagore’s poem - Nandita Kala Dabral

Yogic path to the spiritual world (Part 2 of 3) - Mr. C.M. Bhandari

An Oral History: Life in Uttarakhand through the Ages – Mrs. Savitri Joshi to Sunita Joshi

‘Holi Milan’ in New Jersey - Tarun Joshi

Recognition & Award

Himalaya Trust – UANA Health Awareness Campaign - Indira Ramesh

Editor’s Note

Patrika Editorial Team:
Sangeeta Bist (Editor), Runjhun Saklani, Ritu Negi, Dr. Ajay Karki, Tarun Joshi

Health Awareness Camp – Report on page 14


President’s Message

Friends,

First, a very Happy Holi to all. The Tri State and Greater Washington Area hosted very successful Holi receptions to celebrate and renew our bonds as a community. Since the last time I reported to you, we have had some important developments; none more so than the First UANA Educational Winter Camp. Building on the success of the camp, I am happy to report that we are conducting several educational camps in Uttarakhand during the summer. We are partnering with VOICE4Girls to run a few pilot camps dedicated solely to girls. Additionally, we are making progress in many fronts through the collective contributions of all our members. In this issue
of the Patrika, I highlight some of the major developments that have taken place in our community.

Board of Directors (BOD) Change: After serving as Chair of the BOD for several years, Dr. Roop Bhakuniji has stepped down as Chair of the UANA BOD. We owe a great debt of gratitude to Dr. Bhakuniji for providing exemplary leadership in guiding UANA over the years. Personally, Bhakuniji has been a mentor to me and I am happy that he will continue to serve in the BOD. In its January 2012 meeting, the UANA BOD unanimously elected Ajay Rawat as the new Chair of the BOD. Since the formation of UANA, Ajay has been intimately involved with the organization in many leadership roles including serving as President. I am thankful to Ajay for accepting this important post and look forward to working with him.

UANA Winter Educational Camp: UANA in partnership with Durga Dutt Kapilashrami Smarak Sanskrit Mahavidyalay – DDKSSM conducted a one week fully funded Pilot residential camp for boys, CAMP-2011, from December 25, 2011 to December 31, 2011 in Haldwani, Uttarakhand. Twenty six students participated in the camp from DDKSSM and schools from Betalghat (near Nainital), Rudraprayag, and Didihat. The camp focused on developing English, computer, and interpersonal skills among the students. A full report on the camp is provided later in the Patrika and also on our website along with pictures and videos. I would encourage everyone to see the videos of the camp, one can easily see the excitement and the tremendous impact the camp had on all participants (students and teachers alike). I personally get goose bumps whenever, I view these videos.

The UANA Winter Educational Camp was a major undertaking for our organization because it was fully organized, and funded by us. The camp required many months of careful planning in terms of curriculum, logistics, identification of ground personnel, and other issues. Kudos to our CAMP 2011 team (Ramesh Patwal – Chair, Prema Bohra, Shivraj Bohra, Chhaya Kapilashrami, Mukes Kapilashrami, Runjhun Saklani, and Kumud Sanwal) who worked tirelessly to make this a grand success. Special thanks to Chhaya Kapilashrami and Mukes Kapilashrami, members of the UANA Outreach Committee who are also board members of DDKSSM, who traveled to Haldwani to be on the ground for the duration of the camp to ensure its success. Last but not least, I must also acknowledge the excellent work done by the ground staff (teachers, administrators, and support personnel) to help implement our vision.

Partnership with VOICE4girls: Building on the learning we obtained from our first winter camp, we are moving forward to organize several camps this summer in different parts of Uttarakhand. We are partnering with VOICE4girls (wwwVOICE4girls.org) to run several summer camps dedicated for girls. VOICE is a US NGO started by a few University students that has developed curriculum and run such camps effectively in Southern India. I am very excited about our partnership with VOICE because it provides us a platform to scale up in terms of offering camps in Uttarakhand working with a well-established partner. For more about our partnership with VOICE, see Kumud Sanwal’s report later in this issue.

In addition, several educational camps are planned this summer under the aegis of the UANA Matching Fund Initiative. Under this program, members propose camps in location of their choice (e.g., their village or town), contribute $250 and UANA matches that amount. Members take ownership of the camp (e.g., ground logistics etc.) while UANA provides curriculum support (e.g., camp model, camp curriculum, and teacher/counselor support). Three-four camps are planned this summer under this program.

Partnership with Himalaya Trust (“WHERE THERE IS NO DOCTOR” Health Awareness Campaign: Since February this year, three health awareness camps have been implemented in Kumaun region. For more news about these camps, please see a report by Mrs. Indira Ramesh of ‘Himalaya Trust’ later in this issue.

As I reflect on the tremendous work done by the UANA Outreach Committee to initiate these camps, as a professor it does not escape me that one of the most popular programs on campuses across the country are Study and Volunteer Abroad Programs. These camps provide an exciting opportunity for our members (especially youth) to volunteer in these camps. Not only does it provide our youth a tremendous opportunity to come closer to their culture and develop a global mindset but more importantly it provides the local participants a unique window to the outside world. I would encourage our youth to actively pursue these valuable opportunities, if interested please contact our UANA Outreach Committee, Outreach@Uttaranchal.org and they can help arrange for a volunteer position at one of the UANA Camps.

Annual Convention: The Annual Convention is an annual highlight of our organization, an extraordinary community event. This year our annual convention will be New Jersey and the organizing committee is already
formed and at work identifying a suitable location and time. We will announce the time and location as soon as it is decided so members have good lead time in planning their schedule around it. The time is most likely going to be at the conventional time, the last weeks of July. The Annual Convention Committee is comprised of: Nitin Bhatt (chair), Dinesh Pant (past chair), Shiksha Burman, Mekhla Darshan, Pritam Dimri, Sunil Kala, Rahul Naithani, Shweta Noudiyal, Ajay Rawat, and Anup Uniyal. Since the Annual Convention is a community event, any suggestions you may have, please forward it to the committee at Convention@uttaranchal.org.

Other Events: Based on the great excitement generated by the Tristate Cricket Tournament, a return rubber is being planned in the Greater Washington DC area. The effort is led by Devender Chouhan and Kishore Pandey and they are exploring dates in late April or early May. So all cricket aficionados pad up and start practicing.

In conclusion, we have had a great start to the year. We always need help, if you are interested in participating in any committee, please feel free to contact me or the committee chair directly. Finally, I will remiss if I did not acknowledge our communications team. Varun Karki, our webmaster, keeps our website updated and current in spite of a challenging schedule as a full time student. Our Patrika team under the leadership of our editor, Sangeeta Bist never ceases to amaze me, continuously improving on the content of what is already an excellent publication.

Respectfully,

Ajay Adhikari
UANA President

Uttaranchal Association of North America (UANA)
Computer Aptitude Mentoring Program 2011
(CAMP-2011)
Winter Education and Career Residential Camp for Boys
Haldwani, Uttarakhand, INDIA

UANA (www.uttaranchal.org) conducted a one week fully funded Pilot residential camp for boys, CAMP-2011, from December 25, 2011 to December 31, 2011 in partnership with Durga Dutt Kapilashrami Smarak Sanskrit Mahavidyalay – DDKSSM (www.ddkssm.com) in Haldwani. This camp was designed as a prototype model for repeatable future camps in Uttarakhand. The UANA Outreach Committee (UOC) in cooperation with the ground team in Uttarakhand put an outstanding effort into planning, coordinating and implementing a successful CAMP-2011. The DDKSSM facilitated both lodging and teaching arrangement including a variety of meals for all participants.

The primary objective was to teach English language and Computer skills as well as provide career counseling to boys in 8th – 11th grades from under-privileged rural communities of Uttarakhand in a friendly residential environment. Total numbers of participants were twenty six which included students from DDKSSM and three schools from Betalghat near Nainital, Didihat and Rudraprayag in Garhwal. Some basic career mentoring was also conducted to inspire interest in future career paths for the enthusiastic participants as well as basic health and dental hygiene workshops.

This is the first time that UANA has joined with a local school in Uttarakhand and worked closely with teachers, coordinators and volunteers from grassroots community in conducting a residential camp. Two members of the UOC, Chhaya Kapilashrami and Mukes Kapilashrami, who are also board members of DDKSSM, traveled to Haldwani to be on the ground for the duration of the camp to ensure a successful execution of the objectives.

A major component of curriculum developed by the UOC was based on VOICE (www.voice4girls.org) curriculum. VOICE will be UANA’s partner for upcoming Girls camps in Uttarakhand in summer of 2012. The teachers conducted interactive sessions using methods such as projector and computers with interactive participation and team activities. The deliverable at the end of the Camp was a short power point presentation that described their family, town, hobbies and future aspirations. Also, a highlight of the camp was having a Skype session with few UOC members in USA and exchanging emails with them. By the end of the camp, the students formed a strong bond amongst them and
showed a remarkable improvement in their confidence level. In addition to regular classes that spanned from morning until late afternoon, a free Dental workshop was conducted by Dr. Manu Batra who volunteered to offer his services. Evening fun activities such as camp fire, cricket, movies and Antakshari were also organized. All participants were given specially designed camp tee-shirts.

On the final day, an award ceremony was organized where trophies and certificates were handed out to all participants, teachers, coordinators and ground-staff.

Since this was a Pilot camp, the UOC is reviewing its findings of CAMP-2011 based on feedback received from participants and teachers so it can incorporate those to improve future camps. The UOC is also working towards conducting an impact analysis and designing a follow-up program with participant schools. Building on the success of the inaugural Camp-2011, UANA is also teaming up with VOICE to offer several camps in various parts of Uttarakhand this summer.

CAMP-2011 Team:

USA  
Prema Bohra; Shivraj Bohra; Chhaya Kapilashrami; Mukes Kapilashrami; Ramesh Patwal; Runjhun Saklani; Kumud Sanwal

Haldwani  
Administrator: Laxman Singh Adhikari  
Coordinator: Kiran Pandey  
Teachers: Kuldeep Pant; Abhijit Kandpal; Bhairav Giri Goswami  
Helper: Mr. Dinesh Bhatt  
Cooks: Mr. Mano Bhatt, Mr. Kheemanand

To see full report, pictures, and videos of the camp, please go to our website, www.uttarachal.org.
that has developed a summer camp program with a focus on effective communication, life skills, and community involvement. This program has been previously been used in Hyderabad, and in 2012 they are adapting it to the north, as some of the workbooks have local examples and references. In addition VOICE has been staffing up for coordination of their activities in the north, as they plan to use this experience for further growth in northern India. Their approach consists of training the people who conduct the camp (teachers and counselors) first, and after training they go to their respective camps, and are supported by voice staff that periodically monitor the progress in each camp, and support the collection of metrics and follow up activities.

The other partnership in this model is with schools, where these camps are run. UANA has worked with some of the schools in the past, and in some cases there are members, who have a connection to the school and that has helped with getting the discussion going. The schools are the ones that run the program, enroll the campers, and recruit the teacher/counselor. Therefore the commitment of a school and its administration to the program is crucial. The following schools are participating in the program and they have shown a great initiative right from the preliminary meeting stage.

- Jeevan Jagriti Niketan, Gumaniwala (Rishikesh).
- Karam Singh Bohra Smiriti Saraswati Vidya Mandir, Betalghat (Nainital district).
- R. S. Negi Govt. Inter College, Sahasradhara (Dehradoon district).
- Krish Jyoti Public School (Rudraprayag district).
- Govt. Inter College Sidoli. Gauchar (Chamoli district).
- Fyl Fot Public School, Banjarawala (Dehradoon district)

This model has a clear agreement on the roles and responsibilities for VOICE, the participating schools, and UANA defined, and this gives clarity to the operating, as well as funding needs. Depending on the success of the program, this also helps UANA anticipate the costs and fundraising targets for scaling up the program.

**Camp Agenda and Goal**

Of course, the ultimate measure of an initiative is the result. While the needs and potential to bring enrichment and awareness in Uttarakhand is vast, this first start is also significant as this brings the model of operating such camps in the region. The success of the program can hopefully be replicated not just by UANA, but also by schools in the region in a self-sufficient manner.

The VOICE model for camps aims at empowerment for these young women, so they can communicate better, have better sense of self, the role of others, as well as a willingness to take up community leadership roles. The exposure to some new role models and the provisioning of a field trip further enhances the possibilities. Furthermore, by training and engaging some teachers and conducting a follow-up, we also hope the experience has a persistent quality, and inspires the participating teachers and students to share the empowerment and be actively involved with counseling and sharing with their peers. This holds a lot of promise for sustained impact.

**Member Participation Opportunities**

A program such as the summer camps comes with ample opportunity of member and community participation. Some of the aspects and manners in which members could participate and contribute to the future camps programs are:

- Recurrence and follow-up planning for the current batch of schools. The program impacts are greatest when it becomes a recurrent event and VOICE has been developing the stages of the program for following years.
- Coordinating and taking ownership for a future camp location where a school may be able to participate where you have contacts.
- Fund-raising. The size and scope for scalability of the camps program makes it an ideal candidate for expanding the scope of fund-raising to corporations and foundations, and an excellent opportunity for members to participate. Of course individual contributions are also welcome.

With the 2012 camps, we also plan to share the results and metrics with our members in an outreach report on the UANA website. We look for feedback and support from the members. For more information, participation, or further discussion please send email to outreach@uttaranchal.org.

**From the Founders: Generating Excitement with VOICE Partners**

*Posted on February 5, 2012 by voice4girls*

*Excerpt from BLOG By: Ilana Shushansky*
This weekend I had the pleasure of spending my Saturday in New Jersey. I know what you’re thinking: Jersey is not where most people want to find themselves on a nice winter Saturday. Accompanying me in the lovely Garden State, however, was the Board of Directors of the Uttarakhand Association of North America (UANA), one of VOICE’s new implementation partners for this summer. The main objective of UANA is to preserve and promote the culture and heritage of Uttarakhand and to organize social activities to both develop and bring the community closer.

While VOICE initially planned on remaining in Hyderabad this summer, Ramesh (one of UANA’s most persistent and motivated Board members) after learning about VOICE was determined to convince us otherwise. We had many conversations with Ramesh and other Board members over the past few months and they ran a pilot 1-week winter camp using an adapted VOICE curriculum, proving that UANA is well equipped to implement camps this summer.

And after meeting with the entire UANA team on Saturday, I am more than confident that we made the right decision in piloting VOICE with a northern partner. Not only are the members of UANA excited about working with us this summer and implementing VOICE camps in their own school, but they are also committed to the success of VOICE as an organization. While presenting our five-year growth and expansion plan and discussing the human and financial capital such growth entails, every Board member was eager to offer both their professional and personal skills and connections to help us reach our goals. By the end of the meeting a few UANA board members even asked if there was a VOICE job they could apply for.

Mission alignment was the first category we added when establishing guidelines for how to evaluate whether a partner is well suited for VOICE or not, and while my Amtrak train headed back to NY late Saturday afternoon I knew that we could not have asked for a partner that better fit this requirement.

This summer UANA will be running 5 VOICE camps for 150 girls in the northern region of Uttarakhand.

For more information about UANA you can visit their website at http://www.uttaranchal.org/

Posted in From the Founders | Leave a comment http://www.voiceforgirls.org/blog/

What do we do? A Focus on Research Scientist
Interview with Surjeet Mastwal & Mukes Kapilashrami

In this issue, we focus on Research Scientist. Surjeet Mastwal is doing postdoctoral research at the National Institutes of Health (NIH). Mukes Kapilashrami is a research scientist currently working at the Advanced Light Source, at Lawrence Berkeley National Laboratory (LBNL).

1. What attracted you to become a Research Scientist?

Surjeet Mastwal: Ever since I lived in my village in India, I have been generally interested in the mysteries of nature and the unknown. After we came to the US, I became interested in understanding these mysteries through scientific principles. Initially, my interests centered on the human body and health, but as I learned more, I came to the realization that humans are just a very small part in the system of life on the planet. So, I then wanted to learn about the origins of the initial components of life and how these components have since evolved to form the immense diversity of life forms that exist today. Furthermore, I wanted to learn how these components form the structure of our brain and to lead to the very foundation of what is considered to be the essence of what we define as our life.

Mukes Kapilashrami: I guess it must have been my never ending curiosity for how things work, and how to modify the functionality of e.g. a certain device/gadget so that it fulfills my specific needs for a certain application. But I must admit that being a son of a retired scientist did (to some extent) influence my choice of profession.

2. What education and training did you have to undergo to become a Research Scientist?

Surjeet Mastwal: I received my B.S. degree in the biological sciences from George Mason University and then my Ph.D. from Johns Hopkins University. I am currently doing postdoctoral research at the National Institutes of Health.

Mukes Kapilashrami: A master’s degree in materials science, and further a PhD degree in condensed matter physics have brought me where I am today.

3. Please tell us briefly about the organization you work with and your responsibilities?

Surjeet Mastwal: I am currently with a research group at the National Institute of Mental Health which is within the National Institutes of Health. The mission of the National Institutes of Health is to support research that could lead to understanding the causes and cures for all types of diseases, and the mission of the National Institute of Mental Health is to support similar research to understand the functioning of the brain leading to
possible treatments for diseases and disorders of the brain. The mission of our group is to understand how the structure of our brain forms and is organized, and how it generates our thoughts and actions. Within our group, I am currently specifically examining the development and function of a system in the brain that is involved in rewarding and motivational behaviors, cognition, memory, and executive control of thoughts and actions.

**Mukes Kapilashrami:** I am currently working at the Advanced Light Source, at Lawrence Berkeley National Laboratory (LBNL). LBNL is a member of the national laboratory system supported by the U.S. Department of Energy through its Office of Science, and was founded back in 1931. The Advanced Light Source (ALS), a division of LBNL, is a national user facility that generates intense light (producing one of the world’s brightest sources of ultraviolet and soft x-ray beams) for scientific and technological research.

At the ALS I am currently working in the field of renewable energy in which I am a part of a research team working on the development of the next generation high efficiency thin film solar cells (a Si-fee technology). The synchrotron light at ALS is used to evaluate the electronic properties/chemical bonding of the atoms/molecules constituting the material/sample under investigation. Such knowledge sheds light on the overall functional properties of the particular material/sample which further enables the understanding for how to tailor the material/sample for its optimized functionality. Electron bunches traveling at nearly the speed of light, when forced into a circular path by magnets, emit bright ultraviolet and x-ray light that shines down beam lines to experiment end-stations.

**4. What do you enjoy most about your work?**

**Surjeet Mastwal:** For me, there are two simple yet fundamental questions in life. First, what are we? Second, what is the universe? Through my work in neuroscience, I have the opportunity to constantly learn information about the first question. As what we think of us i.e., our memories, our personality, our life all lies in our brain, I am constantly thinking about these and have the opportunity to experimentally examine some parts of this question. The access to examine this fundamental question also allows me, through physics and mathematics, to think and learn about the second question on the origins and make-up of the universe in my spare time. So, due to my work, I have a chance at learning more about these fundamental questions.

**Mukes Kapilashrami:** I’d say the possibility to gain new knowledge every day, which further contributes to bringing science further, and yet may be implemented into our everyday life through the advances in technology.

**5. What are some of the greatest challenges?**

**Surjeet Mastwal:** An interesting aspect of scientific research is that it is not a job, but more like a life-long endeavor. You are always trying new experiments and thoughts, so many times they may not work out, and you have to keep resolving them with newer ones. So, you have to keep your ideas flexible and dynamic in order to be able to continually resolve newer problems. Not only do you have to resolve existing problems, but you also have think of new important problems to resolve. It is much more difficult to come up with new questions than it is to work on existing questions that someone has already asked. So, some of the major challenges include not getting lost in the day to day experiments, continually keeping the bigger picture in mind, and keeping your mind flexible and dynamic so that it can come up with new questions that have not been asked before and address the relevant issues in an ever changing world.

**Mukes Kapilashrami:** It is not always that you have the right kind of tools available for a certain kind of experiment. The options then are, (a) to either order one from a supplier, or (b) make one on your own. And option (b) is a common approach.

**6. Please describe briefly your typical day.**

**Surjeet Mastwal:** My overall activities include, researching publications, coming up with research questions, generating research plans, planning experiments, doing experiments, analyzing the results, coming up with conclusions from the results, presenting and publishing the results and conclusions, attending seminars and meetings, and mentoring students. The typical day involves doing a few of these activities, although which ones continually changes.

**Mukes Kapilashrami:** A scientist’s work is very versatile. One day you might be working in the lab trying to conduct “ground breaking” research wearing a lab coat and all kinds of safety gears (as taken out of a sci-fi movie), while the next day you may be sitting in a conference room formally dressed up and discussing your results with research collaborators (who are sitting at the other end of the globe). But then there are days you have to do your own homework, which means enjoying a nice cup of coffee and reading published research articles on the topic of your work.
7. Would you like to share something else with our readers?

Surjeet Mastwal: Nature has given us a fundamental and powerful gift, our brain, which is responsible for what we are now, not just as individuals, but as an advanced civilized society. It was the power of our brain that allowed us to rise from living in caves to building towns and cities, from being vulnerable to the environment to harvesting the energy of fossil fuels to power our civilization, from wondering about the night sky to taking a walk on the moon. As this tool is accessible to all, each of us can and should use it in their own personal lives to rise above triviality and to determine what it really important to them and then pursue that with all the power of this tool that is naturally within. Our brain has been fine tuned for us by millions of years of evolution. Although fundamentally it is what we are, it is also something that we can use to resolve all of our challenges, from the most insignificant to the most immense. Please remember that we have now learned that we live in a vast universe, and thus our thinking should match this. So, we should use the utmost power of the brain to try to advance and optimize our personal lives, our community, our civilization, and most of all, if possible, our picture of reality.

Mukes Kapilashrami: (perhaps to the younger audience....)
There are two kinds of users**, one that uses the gadget for what it is aimed for, and further waits until a newer version/upgrade is available. And then there is one that purchases a conventional gadget but modifies/tailors its functions to meet one’s specific needs. A researcher is pretty much this second kind of user who is driven by his/her curiosity, and trusts me it’s a fun world with unpredictable challenges! ** i.e. users of technological tools/gadgets, e.g. Tablets, cell phones etc.

“Where the mind is without fear and the head is held high”
A tribute interpretation of Rabindranath Tagore’s poem
By Nandita Kala Dabral (California)

Where the mind is without fear and the head is held high
where knowledge is free
Where the world has not been broken up into fragments
By narrow domestic walls
Where words come out from the depth of truth
Where tireless striving stretches its arms

towards perfection
Where the clear stream of reason has not lost its way
Into the dreary desert sand of dead habit
Where the mind is led forward by thee Into ever-widening thought and action
Into that heaven of freedom, my Father, let my country awake.

The poem, ‘Where the Mind is Without Fear’ by Rabindranath Tagore, was first published in the English language in 1911. Originally written in Bengali, it was titled ‘Prayer’. Tagore later translated it into English and included it in Gitanjali, an offering of songs, for which he was awarded the Nobel Prize for literature in 1913. Though known mostly for his poetry, Tagore was also an accomplished novelist, playwright, painter, philosopher and composer. This powerful and inspiring poem has been a part of Indian school and college curricula ever since it was published. Even though it was part of my high school literature syllabus, I appreciate the profundity, the universality, and the timelessness of its message all the more now as an adult. The following is my interpretation of this famous work by Tagore. Tagore wrote this poem well before India became independent from British rule in 1947. It represents the author’s dream of a new and awakened, free India. It is a prayer in response to the erosion of human values Tagore saw in his countrymen at the time. Within the prayer he has given us a prescription for attaining ‘that heaven of freedom’ he yearns for. He longs for freedom not only from foreign rule, but from the unhealthy malaise of human fear and ignorance; of corruption and laziness that cripples the mind. He prays for strength, for freedom from attachments that enslave us and make us weak, e.g. our attachment to wealth, status and image in society. The fear of failure, of being ridiculed, of losing one’s perceived dignity, or the fear of getting hurt, prevents us from holding our head up high and speaking our minds. Only a fearless mind free of attachments, free from the fear of losing something valuable can act with full conviction and sincerity to achieve whatever it so chooses. A fearless mind would readily walk the often lonely and difficult road in protest of dishonest behavior, whether by a political leader in power or a next door neighbor.

This state of fearlessness cannot be achieved without true knowledge. Tagore envisioned an educated India where knowledge would be equally free and accessible to the underprivileged as it would be to the rich and affluent. Today knowledge has been commercialized to the extent that some schools, colleges and universities measure the worth of students more by the size of their cash donations made to the educational institution,
rather than by ability. The professional degrees our education system awards will be far more valuable when the poorest of the poor are uplifted, social discrimination and human rights violations are eliminated, and justice is served. Today, we pray with Tagore for true knowledge to prevail that would e.g., enable the Indian leadership to successfully work with activists and visionaries fighting to end rampant corruption in India. His description of ‘that heaven of freedom’ compels us to question the restrictive ‘narrow domestic walls’ we build around our homes, communities and countries even. Long feuds and rivalries have divided people and built walls separating families and communities for generations. These walls can be very high and strong in fragmenting people based on their religion, caste, and village/tribe they belong to. Conflicts between differing fragments in the past have pitted neighbors and friends against each other at a very high cost to human life. Being very well travelled and familiar with cultures around the globe, when Tagore, the humanitarian, refers to the fragmentation of the world, he recognizes the shallow futility of human divisions. He prays for a world that ‘has not been broken up into fragments’ by senselessness wars as a solution to settle differences; and/or by the growing inequity gap between the rich and poor, the weak and strong. Unfortunately, despite our growth and prosperity, too many suffer in poverty and injustice today. A hundred years since Tagore prayed for it never to happen, some economists, social and political scientists foresee a fragmented world of haves and have-nots; a global trend that increasingly favors small islands of rich elites surrounded by a vast sea of struggling poor. The poem’s overall uplifting quality points to a bright future and gives us hope while urging us to move towards the ideal, the perfect; because anything less would keep us from experiencing ‘that heaven of freedom’ Tagore wishes for us to awaken to. His expectations from his countrymen are clear and his standards of excellence are high with no room for compromise. He reminds us of the honor and integrity in being truthful and of the pride in striving for perfection. He wants us to rise above mediocrity, which seems to have become the norm, and not just look for shortcuts and quick fixes to achieve our goals. He warns us of the dangers of our ‘clear stream of reason’ getting lost ‘into the dreary desert sand of dead habit’. If we begin to bargain with and choose to compromise with our ideals, it sooner or later becomes a habit and, most disastrously, redefines our standards of excellence to mean - mediocre, the ordinary, the passable, or chaltaa hai. It is Tagore’s wish that we drown any signs of mediocrity, corruption or bribery, in the strong currents of our clear stream of reasoning. The translated English version that is included in the Gitanjali appears to be somewhat toned down from the original Bengali version titled ‘Prayer’, in which Tagore, in the last two lines, asks God to -

“Strike the sleeping India without mercy, so that she may awaken into such a heaven”.

Another line written in the original version holds men directly responsible for the divisions in the world —

“Where the world has not been broken up into fragments by the tireless efforts of men”

In conclusion, I believe Tagore’s poem has a universal message that resonates across geo-political and socio-cultural boundaries with all humanity. It is also timeless, being as relevant today as it was when written. It could very well be the song of any other people in the world looking for freedom, whether they are Afghans, Iraqis, Palestinians, Egyptians, or Syrians. The poem speaks to the patriotic as much as it does to the spiritual sensibilities in each one of us by inspiring us to be our best. Tagore prods our sleeping courage and incites us to take action while describing the state of heavenly freedom that we could achieve. His words, soaked in love, hope, and promise of a beautiful new morning are deeply moving. Maybe the human mind is such that it tends to forget the powers it is capable of, needing a Tagore every generation or so to awaken us and remind us of our inner strengths.

**YOGIC PATH TO THE SPIRITUAL WORLD**

**(Part 2 of 3-Part Article)**

*By Mr. C.M. Bhandari*

I have been very fortunate in my life. I have had a tough childhood, which I hated and cursed then, but today I realize the real meaning of Heya and Haan because of first hand experiences of survival issues since my childhood and the ups and downs in personal life of the past five decades. Despite a whole range of material comforts being within my reach and a royal living being there on the platter for me, I still prefer living with minimum needs and being content in all circumstances. It is not that I do not enjoy good life, but I enjoy it even more when I find that the Almighty always provides for me beyond my minimal needs. I enjoy the realization that physical body after all has so few basic needs for its healthy happy living that it need not be burdened with more and more unwanted calories. The subtle body and higher consciousness require just sattvic environment and pure thoughts to live in a blissful state. The slogan ‘simple living high thinking’ is indeed the key to healthy happy living and ensuring success in worldly life. I have seen numerous technological solutions and yet find that...
most of it are only substituting for normal human functions and making the human body tamsic or less and less active, which causes heaviness and disease. The simple example I can give is that of setting up a gym at home. I find that the Yogaasnaas require neither any machine, nor a separate wardrobe, to practice and are as effective, if not more, as the exercises on the costly gym machines. Besides, they are useless if there is no electricity. Also, for energy security, why not minimize reliance on machines where-ever possible?

One question generally put to me is how I got interested in the field of spirituality and Yog practices. The answer is simple. I have been practicing Yogaasnaas for more than three decades. I had started it in 1974 as part of the morning physical exercise sessions at the National Academy of Administration, Mussoorie, Uttarakhand, India, where I was undergoing training after joining my career in the Civil Services of India. It was a two months programme and the Academy had invited two accomplished Yog instructors to teach us Yogaasnaas and Praanaaayam from Sivananda Ashram, a world-renowned institution in the field of Spirituality, Yog and Vedaant with Head Quarters in the nearby township of Rishikesh on the banks of the holy river Ganges. Swami Sivananda was a distinguished medical doctor but after about 12 years of medical practice in the then Malay peninsula, now Malaysia and Singapore, he renounced worldly life and took to the path of Self Realization. His numerous books and hundreds of papers on Spirituality, Thought, Yog, Philosophy, etc. are still consulted as master works and he trained hundreds of disciples who have spread his Divine Life Mission the world over.

After I got married, my wife also started practicing Yog with me and then she did few more professional courses, first at the Vishwa Yogatana Sansthaan of Dhirendra Brahmacari in New Delhi in 1983 and then the Yoga Teachers’ Training Course from Sivananda Yoga Retreat, Nayyar Dam, Kerala in early 1987. I learnt the more advanced-stage Yogic postures and Kriyaas from her. By the early nineties, I had already experienced two decades of ups and downs in my own life — both as a Foreign Service officer and a house-holder. I am laying special emphasis on these two decades of real-life experiences, for it brings you fact-to-face with extreme situations of sorrows and happiness and some of it can only be explained philosophically, using the spiritual knowledge. Some have to be just accepted as Divine-bodings without seeking explanations, as if you chanced to be near the Divine Magnet and just like the iron pieces, got the divine magnetism automatically. Then only you realize that the reach of the Spiritual science is far beyond the medical science. I had realized from personal experience by mid-nineties that the Yogic postures, breathing exercises and meditation routines were very effective in ensuring good physical health, mental composure, happiness & peace and success in personal and public lives.

Then an important event occurred in my life that transformed my perspective of the Indian Scriptures completely. Until then I had the notion that the Indian Vedas, Vedaant, Epics and numerous religious treatises were the creative works of highly learned people. Those were classic creations of their high intellect. I had no clear understanding of the concept of God. But after I performed the month-long journey to the holy Mount Kailas and Lake Mansarovar, situated in western Tibet, in July-Aug 1997 as a government-appointed Liaison Officer for a group of 27 pilgrims, including myself, I came to realize that the Indian Scriptures are historical records of tens of thousands of years of human existence on planet earth. For the past ten years, I have been engaged in in-depth studies of the Scriptures and in particular, the science of Yog and am now a committed propagator of this science, for it indeed is the Truth. I have personally experienced the many advantages and benefits of following the Yog practices. I can also now understand as to why Mahatma Gandhi had a copy of the Bhagwat Geetaas as his permanent companion, for it provided him as per his own admission answers when in crisis.

The Himalayas have all-along been seat of high learning for seekers of Truth. They were inaccessible in the past and ordinary mortals could not survive there for long. Just a century or two ago, the mountains were covered with thick forests and wildlife roamed freely in all its diversity. Tigers, elephants, leopards, snakes and other dreaded animals were said to be a common sight and the flora also was equally rich and luxuriant. Only realized people who had overcome fear of death, could dare to enter the Himalayas and lived in the caves. And now when I have understood the attainments one can reach from yogic practices, I have no difficulty in accepting cohabitation of realized masters with dreaded animals like Tigers. The logic given is that when you overcome the fear of death, you transmit such energy of calmness that even the most ferocious animal gets transformed to be a pacifist and a friend. I had learnt in my Forestry course during 1972-74 that a wild animal would always try to escape a human being, for it recognizes him to be most dangerous. If an animal is suddenly confronted with a human being, its first instinct would be to run away but if it feels threatened, it would then certainly attack in self-defense.

The month-long journey took us through some of the most inaccessible valleys and mountain ranges in inner
Himalayas after tracking on foot for seven days and we crossed over to Western Tibet at about 17,000 feet altitude. Thereafter we spent another 12 days in that area and performed the circumambulation of Lake Mansarovar and Mount Kailas. The highest point reached was above 19,000 feet altitude from sea level. For about twenty days we were literally cutoff from the rest of the world, no cell phones, no radio or TV or newspapers to distract, and just being in the company of the virgin beauty of Nature and its creation was the supreme joy. We had numerous experiences, which were no less than miracles. Some of those are reflected in photographs taken during the trip and compiled in a valuable coffee table book titled: ‘A Journey to Heaven – Kailas Mansarovar’. The real miracle of all to happen to me was a series of coincidences that led me to arrive at the conclusion that the Kailas Mansarovar (KM) journey I had performed with my group was exactly the same journey that had been undertaken by the saints and seers of the yore in their search for Self-realization and continues till date. The only difference was that I had not gone on the trip for self-realization but on government duty. That, however, did not stop me from experiencing the divine bliss of the Heaven. That is why I titled the book as ‘Journey to Heaven’.

We had visited a cave temple on the Indian side of the Himalayas in Pithoragarh district, named Paataal Bhubneswar, which was most fascinating. When I learnt that the cave finds narration in the Skand Puraan, I decided to refer to it on my return to Delhi. It took me some time before I could lay my hands on a Hindi translation of the Maanaskhand (running into over 700 pages) of Skand Puraan that had reference to the cave temple. After I read through the book, I could not believe that the entire description in Maanaskhand was exactly what we had seen in the 30 days of our journey. I argued to myself that if the Skand Puraan contains so accurate a description of the KM journey, then obviously all the characters included in the narration cannot be fictional. They have to be actual incidents of those times. That is how I extrapolated to believe that all our Scriptures and Epics are true historical records and not mythologies as is the general belief.

Likewise, I undertook extensive visits to historical sites in Gujarat, Madhya Pradesh and Orissa in 2004-05 and am amazed that they match with Scriptural descriptions of those sites and times. I have also undertaken extensive travel to many religious places all over India and many of them find description in Puraans. For example, the Srimad Bhagvad Mahaapuraan is the most celebrated of the Puraans that is recited all over India in the same way as Raamaayan. It deals with the many incarnations of Lord Vishnu but the most vivid description is given of Krishnaavataar or the incarnation as Lord Krishna. The descriptions of Dwaarakaa (presently in Gujarat) and Mathuraa-Brindaaban (presently in Uttar Pradesh) and all the associated stories leave the devouts ecstatic. That is why the KM journey brought a benchmark change in my destiny and I have been a serious seeker on the path of Spirituality since then.

(To be continued in the next issue of Patrika)

**An Oral History: Life in Uttarakhand through the Ages**

*Narrate by Mrs. Savitri Joshi to Sunita Joshi*

I was born in a village called “Bhatyana” in Distt. Chamoli in 1958. My father was a Priest and used to perform Holi Pujas called “Bhagwat”. I have many childhood memories attached to my village. I used to go to a school called “Pokhri”, which was until 8th standard at that time. My sister, me and my friends would skip school and hide in “Gufas” to play “Gucci”. My father used to punish me and my sister and would tell us to do field work and look after cattles, whenever we would skip school. I still remember we all would eagerly wait for a Mela called “Kuvari” every year during the month of Besak (April), where we all used to buy “Choori, Munri and Maala” . I spent 19 years of a carefree life in Bhatyana, when I got married in a village called “Lakkhan”, Distt. Almora. My father gave two cows named “Kamla” and “Dhoomri” in Daan / Dhahej, when I got married. After I got married, I stayed in the village with my in-laws while my husband worked in Delhi. I was responsible to do all household work, take care of cattles and my in-laws. I used to go out in a jungle to get “Chaara” for the cattle. I stayed there for three years, and then I moved to Delhi with my husband. I stayed in Delhi for two years and then moved to Dehra Dun with my husband and brother-in-law. My husband brought his parents from the village to Dehra Dun and we all lived in a joint family in Dehra Dun for 30 years. I saw many changes in my life during the transition from village to city, but one lesson which I learned is, “No matter how difficult the life in villages was, people would still love and care for each other.” At that time people would recognize you from the village you belonged to and used to live like a family. There was unity and love, which seems to diminishing now. I am hoping that each one of us can keep our unity safe by contributing to the Uttarakhandi family, and keeping our cultural values alive.
On Saturday, March 10, more than hundred members of Tri-State Uttaranchali community and guests gathered to celebrate Holi. The advent of spring season with its pleasant change of “mausam” was aptly celebrated at ‘Mausam’ restaurant in Secaucus, New Jersey. The evening started with a ritualistic smearing of tika on foreheads and gulal on cheeks. In the Baithaki Holi that followed next, the Ghughutees choir led by Tarun Joshi began by serenading Ganpati and singing upbeat traditional folk songs such as “Jal kaise bharoon Jamuna gehari” and “Jhankaro Jhankaro.” A guest from Dallas joined impromptu in the musical celebration and sang a popular Holi folk “Aaj Biraj Mein Holi Re Rasiya”. The next event was a skit directed by Pritam Dimri and staged by Junior Ghughutees. Recounting the historical significance of Holi, the act depicted the story of Bhakt Prahlad’s ardent belief in Lord Vishnu who saves his devotee from burning in the fire with Holika and appears in the Narsingh avatar as half human and half Lion to kill arrogant and invincible Hiranakshyap. Celebrated as the victory of good over evil, the performance relived the characters of Prahad played by Udit Patwal, Hirankashyap by Shashank Dimri, Narsingh Avatar by Akash Patwal, Lord Brahma by Rohan Bhatt, Courtman by Rahul Bhatt, and Holika by Yukta Chand. The supportive audio-visual effects created by Nitin Bhatt further enhanced the show. Fairly popular in our celebrations, our guest artists, the vibrant young performers of Arya Dance Academy danced to scintillating Bollywood songs. A group of mothers followed suit, and were at once a hit. Besides the fun and frolic, three new programs were introduced at the Holi celebration this year. At the initiative of Gopal Dhariyal, UANA’s Tri-State Chapter President, a first service award was presented to Mahendra Bohra of Dreamcricket.
In an impressive and informative Power Point presentation, UANA Board member, Mrs. Prema Bohra and Outreach Committee Chair, Ramesh Patwal highlighted the goals and achievements of the UANA Winter Education Camp held at Haldwani in the December of 2011, and upcoming UANA Education camps to be held in various parts of Uttarakhand in the summer of 2012.

Scrumptious dinner and desserts that followed were enjoyed by one and all. Raffle gifts were announced and the dance floor came alive with DJ Sid’s collection of rocking beats as everyone felt compelled to join in and enjoy into the wee hours of night.

Kedar Negi worked very hard in planning this year’s successful Holi Milan along with his team. Please remain tuned for the next event, Tri-State Annual Picnic, on our website www.tristateuttaranchal.org.

Recognition & Award

Congratulations to Dr. Harish Pant who received the President’s Gold Medal presented by Indian Prime Minister, Dr. Manmohan Singh at the 99th Indian Science Congress held in Bhubaneswar, Orissa. On 3rd January 2012. Dr. Pant received the award for his pioneering work in neuronal cytoskeleton (examining neurodegenerative diseases such as Alzheimer’s). Dr. Pant who is a long-standing member of the UANA BOD, is currently Chief of the Cytoskeletal Regulation Section at the National Institute of Health. Additionally, congratulations to both Dr. and Mrs. Pant, on the upcoming wedding of their son, Dr. Manish Pant in Nainital on April 17th.

Congratulations to Prof. Dilip Nachane on being appointed as the Second Chancellor of Manipur University. Prof. Nachane is Bhagshree Bohra’s father and Mahender Bohra’s father-in-law. Prof. Nachane is a noted economist with six books and ninety four research articles to his credit. He is Professor Emeritus at Indira Gandhi Institute of Development Research and also a Dr. Babasheb Ambedkar National Fellow, Honorary Fellow Institute of South Asian Studies, and Honorary Fellow of Indian School of Political Economy.

HT (Uttarakhand) Women of the Year award 2012

Shashi Prabh Rawat
“WHERE THERE IS NO DOCTOR”
Himalaya Trust –UANA Health Awareness Campaign
Report on the Health Awareness camps organized by
the Himalaya Trust
Sponsors: UANA
Resource Persons: Shri. Sunil Khanduri (Rural Development Institute, HIHT, Dehra Dun), Dr. Manu Batra, Dental Specialist
Date: 23, 24 February 2012/ 24-25 March 2012
Location:
19 February: Chaurson (Dental Camp)
23 Feb: Vajyula, Chaurson, Gumchi, Ayaartoli, MallaDungri (RDI)
24 Feb: Udkhuli: (RDI)
24 March: Shanti Bazaar (RDI)
25 March: Phalyanti, Sileri, etc (RDI)
Objective: To change poor health practices through stimulating behavioral change among rural communities; to upgrade general health status of all through awareness of health issues without the need for medical intervention in villages where medical facilities are out of reach.
No. of villages covered: Our intention originally was to cover 20 villages in the Garur with a camp in each village. This has been seen to be impractical as some are mere hamlets with very small populations. Most villages/ hamlets/ toks are situated in close clusters, so it was decided to hold the camps collectively for such settlements. All together we will cover more than twenty villages during the project period. During the last three months of the year we hope to repeat visits in certain villages to reinforce the learnings or to focus on special issues which the community asks for.
Three camps have been held so far with attendance from 12 villages/toks. It was decided that intestinal parasitic infestation among young children and mothers was widely prevalent and could be quite easily treated without need for medical supervision. HT has purchased the deworming pills for use beginning Camp 3.
Health Awareness Camps 2012
Camp1: We launched the year-long programme with a Dental Health Awareness camp at Chaurson. The topic chosen was appropriate as dental hygiene is an acute problem in villages leading to a wide spectrum of health complications. Dental treatment is available in the bigger markets and towns, but of poor quality which villagers fear and resist availing of. All knowledge of the importance of oral cleanliness is nil.
About 120 persons were present. Villages which participated were Chaurson, Vajyula, Ayartoli, Gumchi, Malladungri

Our Resource Person was Dr. Manu Batra from Kashipur. Dr. Batra inaugurated the camp with a talk on the importance of dental hygiene in maintaining good all round health, particularly heart health. He examined around 45 patients and treated about 27 acute cases with medications he had brought with him.
The talk and treatment was highly appreciated by all. Dr. Batra was invited to visit again.
Camp 2( 23 Feb): The venue chosen for the first of the general health awareness camps to be conducted by the RDI was a middle school at Chaurson. There were about 70 children present, with ten teachers and twelve parents. Reaching out to the young boys and girls, Shri Sunil Khanduri gave an entertaining and informative talk on how illnesses are created, the need for maintaining personal hygiene and clean surroundings. He explained the significance of the habit grandmothers used to insist on, of washing hands before each meal and before studying or saying family prayers, which was the key to good health. It was noticed in many research studies that the incidence of colds, coughs, skin problems were markedly reduced if children washed their hands regularly. Khanduri described the symptoms of parasite infestation in children, and asked the kids to put up their hands if they had any of the symptoms he called out. He concluded that at least 70 % of the kids had worms and needed treatment.
Impact: The children were a very responsive audience. They have promised to wash hands regularly, make sure that plastic bags are not scattered around, and to start making garbage pits near their houses so that the village would not get dirty.
A follow up with de-worming tablets is scheduled for this village in April.
24 Feb: Gram Udkhuli was selected for the second day of Camp 2 as it is a Harijan village which Himalaya Trust proposes to adopt for developmental progress for the next five years. The village has no water source near it, so hygiene and sanitation are difficult to achieve as women are overburdened with the need to fetch water each day. About 140 persons were present from Udkhuli, of whom 70% were women.
Topics covered at the camp:
1. Hygiene: Personal, Domestic, Environmental
2. The importance of Nutrition in general health, and specifically for women and girls
4. Water borne diseases, importance of clean drinking water
5. Sanitation/ toilets for good health
6. Female diseases (RTI)
7. Importance and sequence of immunization for kids 0-5.
8. Diseases from dirty surroundings and unclean water – clean water source, correct storage
9. Clean village surroundings – garbage disposal

The one-day camp at Udkhuli was a great success. Seventy percent of the audience consisted of women who usually are too reticent to discuss their health problems. Khanduri insisted that they must be more open about it as the problems may become acute if not dealt with in time.

As many RTI diseases are communicable, any action on RTI will require counseling and treatment for both man and wife. Men, however, are almost universally reluctant to acknowledge the presence of disease in themselves or to take remedial action.

Impact/Action: Pits have been dug in almost all houses for storing garbage. Some families have asked for assistance in constructing lavatories.
Arrangements are being made to facilitate a lady doctor’s visits for women’s problems.

Competition: HT will be conducting a competition for garbage clearance in April

CAMP 3
24/25 March
Venue: Shanti Bazaar, Phalyanti (24 March 2012)

Shanti Bazaar was selected as the venue for the second as there is a total absence of health practitioners in this area which serves as a market point for Kausani, Bageshwar and Garur.

About 80 persons attended the camp, as well as 12 children.

Shri. Sunil Khanduri from RDI gave a talk on the impact of cleanliness on the health status of families. A detailed discourse on water-borne diseases, particularly jaundice which is increasingly prevalent now due to contaminated water was given.

Deworming pills were given to 12 children and 70 adults.

HT volunteers will be conducting a second round of de-worming in about 6 weeks’ time.

25 March 2012

The second day’s camp at Phalyanti and associated villages coincided with World Tuberculosis Day. A representative from the Tuberculosis Forum of India gave an informative talk on the symptoms of TB, how communicated, and how to protect families from getting infected.

Shri. Sunil Khanduri’s talk on hygiene and cleanliness was very well received and a lot of questions were asked by the audience on health issues which needed clarity. Issues regarding polluted water were discussed in detail.

The attendance by adults was thin as there was some intra-village disagreement going on, but 60 children were present which was very encouraging as HT intends to focus hereafter a lot more on children who have fresher minds and should learn health basics early in life. As usual, more women than men attended. Deworming pills were administered to 70 persons, mainly children.

Feedback: The audience asked questions regarding storage of water, how to deal with snake bites, dog bites, etc. Shri. Khanduri explained the procedure for first aid in such cases, and proper treatment to follow.

Plan of Action for the next three months

HT will be holding a 5-day First Aid camp at Garur for about 20 young persons. Interested trainees will then be sent for further specialization and certification in First Aid to RDI, Dehra Dun

Training of village volunteers in checking children’s weight, taking temperature, administering de-worming and other pills, overseeing garbage disposal, household storage of drinking water, etc, will also take place at Garur. Training in puppetry as a medium for behavioral change will also be imparted by RDI in May or June.

A special session on adolescent health for youth will be arranged in early May.

Bereavement notice: With great sadness, Barthwalji reported the death of his dear friend Madan Singh Adhikari (an active member of our community), who passed away after battling an illness on March 30th, 2012 at Booth Memorial Hospital, Flushing NY. Many may have remembered him because of his attendance in several of our functions, along with his wife Lakshmi Singh, Daughter Meena Singh and two sons Manish and Mahesh Singh. Funeral arrangements are being finalized. Please keep the Singh family in your thoughts and prayers.

Editor’s Note: I would like to take this opportunity to thank the UANA members for reading the Patrika and appreciating the hard work and efforts behind the each issue. Our association has reached a new height under the leadership and guidance of our President Ajay Adhikari. We have accomplished many tasks last year including UANA winter camp in Haldwani which was a great success and mile stone for UANA. Our Outreach committees are doing a fabulous job. We request all our readers to send us articles, pahari recipes or share their experiences with us through Patrika. This is a very powerful way to connect with your community and find ways how to contribute to the progress and development of the people of Uttrakhand. We have many working committees where you can contribute your time and resources. We are looking forward to all your questions, suggestions, and comments on how to improve the Patrika.

Sangeeta Bist
UANA Membership Form [Please complete and mail in with your membership dues]

Full Name: ______________________________ Spouse Name: ______________________________

Street Address: ______________________________________________________________________

City & State: ________________________________________ Zip: __________________________

Phone (H): ______________________________ Phone (M): __________________________

Email: ____________________________________________

Some Information about yourself and your spouse (Optional information about your educational and professional background. We use this information to build a database of Uttarakhandi people who could be tapped for serving in UANA committees and contributing to various projects that UANA conducts in Uttarakhand, from time to time): Alternatively, you can pay membership dues using paypal option on our website, www.Uttaranchal.org

Membership Fee:
One year $25/- & Life Membership $250/-
Please make check payable to “Uttaranchal Association”

Mail it to the following address:
Uttaranchal Association of North America
10560 Main Street, Suite LL-1
Fairfax, VA 22030

Uttaranchal Association of North America
10560 Main Street
Suite LL – 1
Fairfax, VA 22030